

THE
MEDICAL DIRECTORY.

BY

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SURGEON.

MEMBER of the SOCIETY of SURGEONS
in LONDON.



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THE
MEDICAL DIRECTORY

OF
CLEMENT FRANKS

SURGEON

OF THE
HISTORICAL MUSEUM



LONDON

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~~It is not possible that any one (who is intrinsically deficient of medical knowledge) can direct in any adequate manner the different~~

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AMONG the number of those who have made it their practice to prepare Medical Chests, there are very few, I believe, who have given any further directions or instructions with them, than just what relate to the mere dose of each medicine. Besides, they prepare such a variety of medicines, and so small a quantity of each, that, in case of any reigning disease, those most proper to use, will be soon expended: and what seems to me to be the greatest deficiency, is, that they say not one word of the symptoms of diseases, or of regimen, or diet, by which the patient may oftentimes recover even without medicine.

Hence,

Hence, how is it possible that any one (who is intirely destitute of medical knowledge) can direct, in any adequate manner, the different medicines and regimens for the different disorders their fellow-creatures are liable to? These, and many other defects of this nature, have induced me to compose this little **DIRECTORY**: in doing of which I have been as brief as possible. The number of medicines is small in comparison with others, care being taken to exclude such as are unnecessary; and each medicine is divided into proper doses, to avoid the trouble of using scales and weights.

I treat the subject as it divides itself into two parts.

The first, or Medical Part.

This part contains a description of the nature of fevers, and all other diseases, that are common and easily understood, with the causes from whence they proceed: the symptoms are all carefully related, with directions for the method of cure, and the manner of using the different medicines, and the regimen respectively necessary. I have been particular in describing the

P R E F A C E.

the symptoms, not regarding so much the distinction or denomination of each disease, for fear by so doing I should render the subject more intricate.

If this little piece should fall into the hands of any one who has some medical knowledge, he must not condemn it, because it contains no terms of art, as it is designed for those only, who are not supposed to understand them: it is on their account I have taken some pains, to write it as plain and intelligible as might be.

I have referred to the medicines by the Numbers 1, 2, &c. and the method of taking each medicine is described not only in the history of each disease, but also in the Appendix, with remarks upon its operation, the regimen, or diet, and every thing else that is conducive to exactness and regularity.

The chest contains a greater quantity of medicines than any other extant, particularly such as are proper in the most reigning diseases, as fevers, fluxes, lues venerea, &c. &c. and is intended to be sufficient for the use of a hundred men during six months.

Of the second Part.

In the second part, which treats of Surgery, I have first given directions on bleeding in the most exact manner I could, inasmuch that I think, if they are attended to, it is impossible to do any hurt in the operation: likewise, on the nature of inflammation in general, affecting the outward parts, of wounds, bruises, fractures, venereal disease, &c. the method of applying dressings, and all other operations that may in prudence be entrusted to the less skilful practitioner in surgery. The chest is furnished with ointments, few indeed in number, and simple ones, but such as are most useful; it contains also a proper quantity of dry lint and tow, a spatula, a pair of scissors, and two lancets for bleeding.

It may be objected, that these chests cannot be repaired but by the compounder of them; this is no more than the case with every other: and considering the additional quantity of medicines, I thought I had a right to conceal the different compositions, that I might secure what little profit arises from vending the same, for this my trouble and expence.

And

P R E F A C E.

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And as I have submitted the whole to the inspection of gentlemen of learning and experience, whatever be the event, I flatter myself they will be received as the honest endeavours of a sincere well-wisher to mankind.

N.B. One of these DIRECTORIES will be given with every Chest.



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kind.

M. B. ONE OF THE DIRECTORS.

Given under my Seal.



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THE
MEDICAL DIRECTORY.

PART I.

Of the Nature of FEVERS in general.

IN examining into the nature of fevers, it is necessary, first, to give a description of what is here meant by the word ; which in general implies that class of diseases, whose sign, by which they are known, is a præternatural heat throughout the whole body, or at least its principal parts, attended with other symptoms.

The following is an example of the most simple kind of fever.

First, Let us suppose a person in perfect health, engaged by violent exercise, as running, or the like ; this, if long continued, will greatly increase

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the velocity of the circulation, and thereby heat the blood and juices, which, if considerably above natural, is called a feverish heat. The cause of this is evident: and the cure is plainly to produce a diminution of this violent motion.

Secondly, Let us suppose another in perfect health, exposed to cold moist air, this will greatly suppress the perspiration; the consequences of which will be an increased quantity of humors occasioned by the obstruction of the pores. In this case an increased effort of nature is absolutely necessary to remove the obstructions, which will be greatly assisted by the kindly relaxing warmth of a bed, and drinking freely of small weak liquors.

Thirdly, The like will proceed from an excess in drinking, which easily wears off by abstinence. In any one of these cases, only a simple or short fever is generated; but if in the first, wherein it has been observed, the blood is too much heated, and the person exposes himself to cold moist air at the same time, a more general fever will ensue, which may easily be known by enquiry; and a fever proceeding from these causes, will shew itself by the following symptoms, viz. great heat, redness in the face, a dry skin, pain in the head, beating in the temples, thirst, and oftentimes there will be a nausea, or sickness in the stomach; these will be more or less urging according to the degree of fever, respect being had to the constitutional habit of body.

These being then the most common attending symptoms of fevers proceeding from any one of the
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the causes before related, or the same jointly ; and as they occasion a præternatural heat and fulness throughout the whole body, they are for that reason called, Inflammatory Fevers.

Of the Cure.

IT has been observed, that a disease, in any one or more of these cases, proceeds from an increased motion of the juices of the body, by reason of the common outlets, or pores of the body being obstructed. Therefore, to relieve nature under these circumstances, it is necessary to lessen the impetuous motion of the fluids of the body ; and there is not any one thing that so speedily and effectually answers this purpose as blood-letting *, as this immediately lessens that fluid from which the matter of perspiration, and every other secretion, proceeds. Yet if the difficulty of breathing is not great, nor the pain in the head considerable, you may omit it ; and if there is any nausea or sickness in the stomach, let the patient take of the medicine marked No. 1. by way of a vomit, as directed in the Appendix : but if the difficulty of breathing is great, &c. you ought first to bleed, and then vomit. Observe if the vomit procures any stool, if not, in six hours after, the patient may take three spoonfulls of No. 2. every four hours, until it has answered that purpose : after this the patient will in general be relieved from

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* This is an operation, which, it is pity, every one does not understand ; especially those whose way of life places them often far distant from such who make it part of their profession. I shall give some directions concerning it in the surgical part, which, if observed, will prevent any danger that might happen from an unskilful operator.

all his complaints : yet if there still remains heat and head-ach, which sometimes is the case, when the disease does not yield so kindly, or the febrile matter is not all expelled, the patient should continue to take of the medicine No. 1. as is directed for continual fevers, observing the same regimen : and this is to be observed as a general maxim, that any one, labouring under a fever, should drink as much as their thirst requires, such things as I have directed in the Appendix under each medicine, will, I think, be most proper ; yet when his stomach is pall'd with them, he may take almost any thing his inclination craves for ; few people, I observe, will call for such things, as they may not on any account have. I rather think, there has been more hurt done by depriving the sick of these little indulgencies, than good by restraining them. So soon as the symptoms of the fever begin to decrease, you may lessen the frequency of the dose ; for, instead of giving a spoonful every six hours, once or twice in the day may be enough. These methods will, in general, be found sufficient for the cure of these disorders.

There are other inflammatory complaints proceeding from the same causes above cited, but as they only affect some particular parts, they will produce symptoms peculiar to the part affected. As from common catching cold, the inflammation will seize any part of the body : suppose, for instance, the throat ; it will then occasion hoarseness, in the nose sneezing, and, from the sympathy of these parts, often pain in the head ; sometimes the throat will be very painful and inflamed ; and if the wind-pipe is affected, it will occasion frequent coughing. Indeed, these complaints will
often

often occur all at the same time ; and the urgency of the symptoms must direct the practitioner what methods to use.

I shall first give such directions as may succeed in slight cases, and then proceed to such as are more urging.

If the sneezing, hoarseness, and soreness in the throat, are not very troublesome, the patient may content himself with drinking freely of warm teas, congee, toast and water, and the like, keeping his body open with the medicine No. 2. If the cough is severe, it will be proper for him to take often, day or night, of No. 3. or he may take an ounce of fine oil, and dissolve it with the yolk of an egg, put in two spoonfuls of syrup, and add half a pint of water, by a little at a time, and mix them : this is a very soft, smooth mixture, and will abate the irritation ; three spoonfuls should be taken often day and night.

When the symptoms are more urging, that is, the cough is very troublesome, the throat sore, you ought to bleed ; give the patient often of No. 3. observing as above, to keep his body open, with that marked No. 2. let him drink freely and often of warm teas, weak broths, and the like. If the difficulty of swallowing is great, a narrow plaister of No. 4. the breadth of three fingers, and long enough to reach from ear to ear, should be applied about the throat, or the affected part ; this will blister, and the good effects of this in sore throats is surprizing, as well as it is in pains of the side, which I shall presently treat of. I have been as explicit in the above complains as I well could,

could, and have nothing further to add for the less experienced practitioner, than if these symptoms do not yield, the inflammation being great, you may repeat bleeding, and the use of the above medicines and regimen.

It sometimes happens, that these complaints when slight at first, will precede a fever; however when this is the case, a more general heat will ensue, which will be known by the symptoms already explained of fevers in general, and must be treated accordingly. There is a fore throat peculiar to putrid or bilious fevers; this, I shall give some directions about, when I come to speak of such kind of fevers as proceed from a diseased state of the bile.

Oftentimes the inflammation will seize the lungs or breast; it will be known by the following symptoms, such as a short cough, great difficulty in breathing, that when the patient inspires (or fetches his breath) he will feel a tightness in his breast, which suddenly prevents the common open enlargement of it: the same will often happen with a very acute pain in the side, which by many is called a stitch in the side; the names of these complaints take their rise from the parts affected: but as the method of treatment is the same, I place these with inflammatory disorders, it being sufficient to know how to manage symptoms, without distinguishing minutely the exact term for every disease. You may be assured there is no complaint in which blood-letting is so necessary as in this, nor any in which it gives so speedy relief, as may often be observed while it is running from the arm. I am certain, the omission of this operation in inflammations

inflammations of the breast, has not only laid the foundation for some thousands of consumptions, but has also been the bane of many patients; for the most part this complaint will be intirely removed by only once bleeding, and the patient feel no more of it; yet as it sometimes remains longer, let it be observed, that, if the first bleeding does not relieve the difficulty of breathing, it should be repeated; if still there remains any fixed pain in either side, apply the plaister No. 4. by way of blister upon the part affected: this indeed will often remove the pain when nothing else will, and may always be done with safety; besides, the patient's body must be kept open, by taking three spoonfuls of No. 2. every four hours, until stools are procured; his common drink should be raisin tea (in a pint of which is dissolved a paper of No. 5.) or barley water, mint tea, or any other weak liquor, with some of the above No. 5. in it. If the cough is urgent, the mixture in page 5 will be very proper; the medicines should be continued until the patient recovers, observing never to vomit when there is any difficulty in breathing, with pain in the side, although the pain will be so great sometimes as to occasion a little sickness in the stomach.

When the inflammation falls upon, or attacks the bowels, it will be known from some of the causes being enquired into, as was observed of inflammations in general, also by the constant foreness, and pain in the bowels, perhaps frequent going to stool; whereas in choleric complaints, the pain will be great, and no stools: it will be known also from a flux, by the pains seizing the patient at the first appearance of the disease, for in a flux, the

the patient in general labours under the disease some few days, before he is much troubled with griping.

The Cure.

IF the pain is very great, and the skin should be dry, take away some blood, but otherwise you may omit it; in either case you ought (if there is any sickness in the stomach) to give of No. 1. by way of vomit; if no sickness, three spoonfuls of No. 3. should be taken every six hours, so as to keep the body moderately open. There is no disease in which you ought to have more regard to what you drink than this; for drinking freely of chicken broth, or the like, will often cure alone, and should be much used. Keeping the body warm with flannel will be very useful, and in all other complaints of the bowels as well as this. There is in some a constant irritation or inclination to go to stool, a very troublesome sensation about the anus; the same cautions must be used in the cure of this as above related in inflammations of the bowels. Another degree of these complaints is a pain in the limbs and joints, by some called rheumatism: when you find this proceeds from the causes of inflammation, and the patient is robust and strong, bleeding may be necessary: the best medicine you can take, is No. 1. every night going to bed, observing to live upon a spare diet for some time.

Before I quit this subject of inflammatory complaints, I cannot help taking notice of another disorder of the same kind, rather more peculiar to these parts, than Britain; I mean an inflammation

mation of the liver. To understand which you must observe, that the liver is situated in the right side; the foremost edge runs from the pit of the stomach with the direction of the ribs towards the loins: supposing the patient stands upright, the liver is convex up into the breast; hence it is difficult to distinguish this from a common inflammation of the breast; but by the following observations you may judge very well. And first, the patient before he is attacked with the true inflammation in this part, will in general labour under sickness in the stomach, accompanied often with an acid, sour, or bitter taste in the mouth: in some cases the patient will be costive, in others continually lax; for an obstruction in the liver will almost always produce costiveness, and a disease in the bile will often stimulate the bowels, so as to occasion frequent going to stool. In the case of an inflammation in the breast, where the liver is not concerned, none of these complaints will happen, yet the treatment is not very different. In the cure, the patient ought first to bleed, and if he feels any sickness in his stomach, immediately take of the medicine No. 1. by way of a vomit; if costive, a dose of No. 2. the next morning; and above all, a plaister of No. 4. put on by way of blister, is of excellent use. This method of bleeding, and keeping the body open, should be continued until the pain and inflammation is removed, observing the distance of twelve, or twenty-four hours between each operation. Afterwards, if the patient is costive, he may take the common purge No. 6. once or twice in a week, and if he is at any time sick, or has any nausea in his stomach, it will be proper for him to take of No. 1. by way of vomit,

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and repeat it whenever the sickness is troublesome.

Of the JAUNDICE.

THIS complaint often succeeds a pain in the liver, and sometimes precedes it too, and as there is a particular affinity between them, I have chose this place to consider it in. This disease is chiefly known by a yellowness in the skin, which is most apparent in the whites of the eyes; besides this, the patient has a certain heaviness, lassitude, and inactivity, an uneasiness about the stomach, and a more than usual hardness, some difficulty in breathing, a dry skin, and very subject to be costive; the latter of these symptoms proceeds from an obstruction in the liver, which will occasion some pain and perhaps inflammation in this part, and will be known by the symptoms already related of the disease in the liver. Therefore, the cure of this complaint, when the difficulty of breathing is great, and the patient has also a hot dry skin, must be effected first by bleeding; the evening of the same day, he may take of No. 1. by way of vomit, and a dose of the purging medicine No. 2. may be given the next morning, and repeated whenever he is costive; the same methods may be used when you do not find it requisite to bleed. But there is not any one thing contributes more speedily or effectually to remove this complaint, than frequent and repeated vomits, to wit, one may be taken every two or three days, until the disorder is overcome. Exercise when convenient is of great use. Castile soap is used by some with very good success, taken to the quantity of a nutmeg every day.

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There are some other inflammatory complaints, but as they more particularly affect the external parts, I shall treat of them in that part which belongs to surgery. I shall next consider some disorders peculiar to this country, which produce some of the worst symptoms, without being able to judge so well of the causes of them.

In these warm climates people are not so subject to the inflammatory disorders as in colder; yet as the weather and way of life often exposes those for whom this work is design'd to such a variety, I thought it most proper to place those first, and the more so, as it will give a better idea of the following.

The disorders which more particularly infect this part of the world, and make such ravages both by sea and land, generally proceed from a diseased state of the bile. This indeed shews itself in many different ways, but chiefly by the following symptoms, to wit, a lassitude or more than usual heaviness throughout the whole body, often a nausea in the stomach, a bitter taste in the mouth; sometimes the patient will have a frequent inclination to go to stool, at other times he will be costive, and whether so or not, his perspiration will often be obstructed. Hence a more than usual heat and dryness of the skin ensues, attended with a pain in the forehead over the eyes.

In the beginning, nothing is so easy to manage as these disorders, yet after they have continued for some time, although not very troublesome, the patient will often be very suddenly attacked, with the most severe symptoms, which carry him

off in a few hours: however this seldom happens, unless he has been engaged in some excess. I am very confident, that if the patient, would take some of the medicine No. 1. by way of vomit, as soon as he felt the symptoms of any of these complaints, and repeat it as directed for fevers of a continuance; that he would not only escape the hazard of a billious fever, but prevent many other disorders that depend upon a proper secretion of the bile; the nausea in the stomach is a proper indication to vomit: People in these parts who are subject to bile, and a little sickness in the stomach, are too negligent of this operation; and I suppose it to proceed from the peculiar dislike they may have, not only to the operation, but to the very taste of the medicine commonly given; besides it is usual to give the whole dose at once, whereby the stimulus of it, and the bile together, often disturb some people so much, that they look upon the remedy worse than the disease. But in order that this may not any longer be a disgust to the patient, I have provided a medicine, viz. No. 1. that by taking it as directed, is rendered so mild, that it will disturb the patient much less than the ordinary way of vomiting; its use is not confined to vomiting only, but I have also directed it in fevers as one of the most general and useful medicines I can think of.

In this way of vomiting, you need not take more care, than after a common purge; you may give it with safety wherever you find it recommended, to all ages and constitutions. Thus much as to a preventative in these complaints; it now remains that we advise what ought to be done, when the patient is laid up with a disease
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proceeding from the bile. He is in general seized with the before mentioned symptoms; and if he is robust, his skin hot and dry, breathing short and difficult, or has the inclination of going to stool frequently, you may take away a little blood; yet in these complaints, this should be done with caution: and whether you find it necessary to bleed, or not, let him take of No. 1. by way of vomit; six hours after he has recovered the operation of the vomit, let him continue to take a large spoonful of the same every six or eight hours, until he looses the pain of the head and the feverish heat; yet six hours after the operation of the vomit, if your patient during this time has had no stool, previous to his taking more of it, you ought to give him two or three spoonfuls of No. 2. so as to procure a stool or two, then lay it aside, and, as occasion requires, have recourse to No. 1. When the disease has continued some time before any thing of this sort has been done, it will be so much the worse; yet you ought to proceed as above directed. If perchance your patient is delirious, you should apply the poultice No. 7. better also would it be now, if you gave him three table spoonfuls of the following julep: Take the quantity of a nutmeg of the medicine marked No. 8. put upon this a drop or two of spirit of lavender No. 9. then rub it to powder with a knife, with about as much sugar candy as will sweeten a cup of tea, put it in a pint sneaker, and pour upon it a pint of boiling water, cover it, and when cold, strain it off, and take it as directed. This is a very good cordial, and does not heat, therefore more proper to be given in fevers than most others, and the only medicine that should be taken with the fever mixture No. 1.

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The use of these medicines should be continued, until the symptoms of the fever are removed.

It is very common, after these complaints, for the patient to remain exceedingly weak, with a loss of appetite, and sometimes a slight purging: therefore, in order farther to improve his health and strength, I would recommend him to take eight papers of No. 10. and boil them in two pints of water to one, then strain it, and take four table spoonfuls every six hours, until he begins to recover his strength and appetite; after this, a dose of the same every day will do, administering with this some good broths, and a little animal food, &c. Nay, this is a very good medicine in the decline of any disease attended with weakness and loss of appetite, observing always to increase the patient's nourishment as the symptoms of the disease decrease.

OF INTERMITTING FEVERS, OR AGUES.

SUCH fevers as intermit, or return at certain periods, as for instance, once in twelve or twenty-four hours, &c. are called, Intermitting Fevers, vulgarly Agues.

These disorders will often precede inflammatory fevers, as well as the bilious kind, and will be known from either by a solution or termination of the symptoms; as I said before, the whole will commonly be over in twenty-four hours. These complaints also attack people in the decline of fevers sometimes, when the patient's strength has been exhausted by a long continued disease, and often prove the happy solution of fevers of different kinds.

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The symptoms of their progress are as follows, viz. pain in the head and back, weariness of the limbs, coldness in the outward parts, a stretching, yawning, a shivering and shaking, often an inclination to vomit; and the heat and thirst that succeed this coldness in the outward parts, is equally violent.

The Method of Treatment.

WHEN this complaint succeeds the termination of a fever, what has been ordered in weak constitutions in the decline of fevers, will be very proper.

In all aguish complaints you should give a vomit upon the approach of every fit, such as No. 1. If the patient is robust, you may give him a common purge, such as No. 2, or 6. or otherwise, he may take one paper of the medicine No. 10. mixed either in a little common syrup, wine, wine and water, or any such liquor, every four hours, during the intermission. If this medicine does not immediately overcome, or prevent the return of the fit, it will lessen it, and then you may vomit upon the approach of the next, and afterwards give the powder again with the same caution. If the patient cannot take the medicine thus, he may boil it, as is directed in the decline of fevers, and take four spoonfuls every four hours, during the absence of the fever; when you have prevented the return, you may lessen the frequency of the dose of any of these; yet continue it some time before you lay it aside intirely.

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The regimen in aguish complaints is twofold : for, during the symptoms of the fever, the patient should drink freely and often of warm sage-tea, conjee, or broth ; and in the intermission, a little animal food, and a glass of generous wine will do no hurt.

Of the PUTRID SORE THROAT.

THIS disease often shews itself in a most direful manner. Such a kind of sore throat as proceeds from common catching cold, I shall refer the reader to page 4, on inflammatory complaints in general : but this I mean now to describe, is different. It discovers itself by the following symptoms ; such indeed as has been related of fevers proceeding from a diseased state of the bile, in page 11, &c. but that the pain over the eyes is exceeding acute, the soreness in the throat and neighbouring parts is very severe ; there is some difficulty in breathing, and mostly a great redness upon the skin about the throat and breast, which is very painful, and sore even to the touch ; the same extends all over the inside of the mouth, and down into the throat.

Of the Cure.

IF the patient is robust, his breathing very difficult, you may bleed : but in this disease you ought always to be very sparing of taking away blood. The most proper thing you can give is No. 1. by way of vomit, and in small quantities at half hour distances, that the patient may be disturbed as little as possible. Some few hours after, if he has had no stool, a spoonful or two of the

the mixture No. 2. may be given every hour until this purpose is answered: observing neither to vomit or purge too precipitately; after this is done, you may apply the plaister No. 4. as mentioned in page 7. about the throat; as soon as that begins to discharge, another of the same sort may be applied between the shoulders about five inches square, this may be done the following day. When you have gained your end as to the vomit, and the patient has had a stool, it will be right for him to drink plentifully of chicken-broth, with a spoonful of No. 1. every six hours in a basin of the warm broth. When two or three days are elaps'd, you may give him the following, viz. a pint of milk turned into whey, with two or three spoonfuls of vinegar, of which he may take at liberty also sage-tea acidulated with vinegar, limes, oranges, or the like: the mixture also mentioned in page 13. will be very proper to take with the medicine No. 1. as there directed. But in this case it will be right to add two spoonfuls of vinegar, to the whole when strained off. Before I quit this disease, let me observe to you, that at the first, the patient may have a flux, but when the redness and inflammation appear, the flux disappears: in this case you cannot bleed: yet if there is any nausea, you may vomit gently; after the disease has continued sometime, and the pain and inflammation &c. are abated, the patient should take a little good wine in his common drink, if he is faint a glass of neat wine will not hurt him, to which a little spice may be added, this is better by way of cordial, than any preparations of the shops. It is by this method, that you recover your patient by degrees, when things go on as they ought. Lime juice in sage-tea is the properest thing by way of gargle,

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gargle, to wash the mouth with, &c. that he can use. The reason why I have been so explicit in the above complaints respecting the drinks, is, because the indication of cure consists in keeping up a constant gentle perspiration, which may in general be done with these medicines and regimen.

Of the MORT DU CHINE, commonly called
Vomiting and Looseness.

THIS is a very frequent disorder in these parts: it often proceeds from some excess or surcharge in the stomach, and accidentally, when any thing has been eat, or drank, which does not agree. If any of these causes brings it on, the reader may easily perceive, that it may occur at any time of the year; but sometimes it proceeds from catching cold, laying upon deck, and being exposed to some kind of dews; when it proceeds from these causes, it may be more frequent in the spring and autumn, or such kind of weather, than at any other time: the symptoms are the same, let it proceed from what cause soever, except that, according to the severity of the disease, they will be better or worse, which are as follow. A sudden and immoderate vomiting and purging, with great sickness and uneasiness; a violent pain, and often a distention of the belly, intense heat and thirst; contractions of the limbs, cold sweats, spasms of the body, and other kind of convulsions are amongst the worst and last symptoms, which, if not timely relieved, will soon end in death.

Of

Of the Cure.

THIS is effected by blunting, sheathing and washing well the matter that occasions the almost constant irritation to vomit. I know of no one thing that is better calculated to answer this purpose, than the chicken-broth, mentioned under No. 1. this should be drank in large quantities, and frequently, until the irritation is abated. Some of the same, and as much as can be, should be thrown up by way of clyster. As soon as you have cleansed the stomach and bowels thus, for a little time, you may give thirty drops of the medicine No. 11. in a little brandy and water, or mull'd wine; if the patient throws this up soon after, you may repeat it again; this will mostly allay the vomiting and procure some rest. After this, if upon waking the patient has any return of his complaint, you may give him some more of it. A little rice added to his broth will be of use. Upon his recovery he should wear a flannel under-waistcoat for some days, to defend his body from the cold, and leave it off by degrees. Some people speak much in the praise of a drink made with a toast of oat bread without leaven, boiled like the chicken-broth, and taken as that is directed, and, as they say, that it is never thrown up, it may be worth trying. So much as to this disease.

I shall now give some directions as to fluxes in general. This disease shows itself in a much milder manner than the former; and in some cases is of great use in carrying off, and preventing the further increase of a worse disorder. To know when this is salutary, you must observe the fol-

lowing rules; so long as you have loose stools, provided you feel yourself lightsome and easy after them, they will in general be attended with no bad consequences. This disorder will often continue some little time, and then leave the patient of a sudden; when this happens, if he finds that immediately after he grows hot, or has any pain in his head, it will be proper to take a dose of the purging powder No. 6. this will carry off the remains of the disease: again, when it becomes troublesome, that is, the patient begins to grow restless and uneasy, after every loose stool, attended with sickness in the stomach, you ought to be a little more upon your guard; besides the symptoms in this case, there will be oftentimes a head-ach, a dry skin, pain about the anus, with a constant inclination to go to stool; these again, will sometimes appear without the head-ach or dry skin. If this proceeds from the causes of inflammation as is described in page 8, you must treat it accordingly: but if it proceeds from the matter alone irritating the anus continually, you must give the patient a pill mark'd No. 12. over night, the next morning a dose of No. 2. This will purge off the humours; and the patient will feel himself easier after it. It may also be repeated two or three days afterwards, if occasion offers; his diet should be soft, such as congie, sago, taloop, weak broaths, and the like.

When the flux is become troublesome with the usual symptoms of sickness in the stomach, and frequent uneasy stools, give the patient a dose of No. 1. by way of vomit, the next morning a dose of that mark'd No. 2. will be very proper; if there is no sickness in the stomach, he may take this instead
of

of that No. 1. at night, going to bed, he may take twenty drops of No. 11. in any thing he likes best: the diet ought to be such as I before related. If the patient is hot, his gripes or pain severe, with a dry skin, it will be proper to take away some blood; then if there is sickness in the stomach, you may proceed as above directed: if the griping pains still continue, apply the plaister No. 4. upon his body, by way of blister; besides give the patient one of the pills No. 13. every four or six hours, and twenty drops of No. 11. will be very proper at bed-time, especially if he has had many stools in the day. Observe, that during the time the patient is griped, his drink ought to be chicken-broth, sage-tea, and the like; his diet, congie, fagoe, with a little wine, &c. and as his strength is exhausted, you should increase his nourishment, and so on, till he recovers.

Sometimes this disease succeeds a fever, as is observed in page 14. and is often salutary. The symptoms of a flux being salutary in the decline of fevers are these; that the patient looses all signs of a fever, to wit, head-ach, thirst, foul tongue, &c. that his appetite increases, his urine is thick, his stools without pain. In such a state as this, you need but give the patient often and little at a time of some good nourishing broths, fagoe, or congie, a little animal food also may be allowed, and this will be found sufficient without medicine. If he still remains weak and faint, something of the regimen and medicines recommended in the decline of feverish weakness, &c. will be proper. On the contrary, such symptoms of the flux as are hurtful in the decline of fevers, are a constant uneasiness after going to stool, a continual thirst,

thirst, weakness increasing, want of appetite, &c. To remedy these, if the patient is not much weakened by a long continued disease, he may take every other day half a paper of the medicine marked No. 14. in order to carry off any bad humors, and strengthen the stomach and bowels; at bed-time he may take fifteen drops of No. 11. Thus, if you can keep his flux under, you may give him also of the medicines recommended in the decline of fevers, as just before observed. After all, if there is any nausea or sickness in the stomach, you should give him one of the pills No. 13. and if the first does not vomit him in half an hour, you may repeat it, and so on, till it does, then after the fatigue of vomiting, give him a dose of No. 11. viz. twenty drops in a little mull'd wine or any other liquor. If the vomit procures no stool in six hours, you may give him half a paper of No. 14. observing if there arises any griping, or more than ordinary number of stools, to give him a dose of No. 11. at bed-time; and observe every other direction I have mentioned upon this article.

Before I quit this subject, it will be proper I think to take notice of that kind, wherein the patient is affected with bloody stools, commonly known by the name of dysentery. It is of the utmost consequence to distinguish between the symptoms of this kind of flux from those I have been just relating, therefore it is necessary to observe the following remarks; that this disease attacks the patient sometimes suddenly, and at other times a common flux will turn into a bloody flux or dysentery; either of these cases are bad, the latter rather worse.

The

The symptoms of this disorder are these, that from common catching cold, or some other cause, the patient at first feels a shivering or shaking, this is succeeded by heat in the whole body; then in general comes on a griping of the bowels, soon after frequent stools, with a good deal of slime, (probably, sometimes a natural stool) these are attended with violent pain, often a pressing down of the fundament; at last the stools are mixed with blood, and the pain is in general more severe. When a common flux turns to a bloody, it will discover itself by the pain increasing, the stools being mixed with blood, and that constant uneasy sensation about the fundament. In either of these cases there will in general be a nausea or sickness in the stomach. Thus much as to the common and evident symptoms.

Of the Cure.

IT is plain, that in the beginning, this disease is inflammatory, as you may learn by the pain and general heat; thus far then, such methods as have been recommended in inflammations of the bowels, page 8, will be very proper; and if there is no sickness, you may give the patient a dose of the medicine, mark'd No. 2. after the operation of this, it will be proper to give him twenty drops of No. 11. If instead of giving No. 2. you find he is sick in his stomach, and you make use of a vomit such as No. 1. it will be right also to give him the drops marked No. 11. after the operation of it; this being done, if the patient still complains of pain in his bowels, apply the plaister No. 4. by way of blister upon his body; this has often very good effects in removing those pains in the bowels.

If he continues to have frequent stools, give him a paper of the powder No. 15. with ten drops of the medicine marked No. 11. the whole to be mixed together in a little warm tea, or made into a bolus with a little common syrup, and taken every six hours.

If the irritation about the fundament continues very troublesome, great relief may be had from throwing up by way of clyster half an ounce of starch dissolved in a pint of water; for want of this, thick congie strained through a piece of rag will do almost as well; this may be repeated often in the day, if the excoriation be great.

The diet in this disease at first should be such as is recommended in inflammations of the bowels; afterwards such as was recommended in fluxes in general.

When this disease succeeds a flux, the case is bad, but if there is sickness in the stomach, you may vomit, and give the powders and drops as above directed, observing the same diet and rules as before related.

Another disorder that may properly be spoken of in this place, is the cholic, or dry belly ach; by this is meant a wandering, and sometimes a fixed pain in the bowels, without stools, and is often exceedingly severe. Under this same class may be considered a pain in the stomach.

The stomach and bowels will be sometimes affected, when any thing fat has been eat, or whatsoever else which does not agree; and oftentimes a
glass

glass of some cordial, or spirituous liquor, will relieve this, amongst which Holland's gin is not inferior to any. But this complaint wherein I intend to prescribe medicine, is a fixed pain in the bowels, wherein the patient cannot void any thing upwards or downwards.

Of the Cure.

IN this case, if the patient is hot and full of blood, you should bleed him, then give him a dose of the medicine No. 2. with twenty drops of that marked No. 11. in it. If this does not purge in four hours, throw up a pint of salt water, with a quarter of a pint of oil in it, by way of clyster. If the patient perchance vomit up his opening physick, that he has been just taking, you must either vomit him with No. 1. before you give him any more of it, or repeat the same, by giving him two or three spoonfuls at a time every hour, until he has had stools. If he is cold, you will do right to give him one of the pills, No. 12. before you begin with the opening mixture No. 2. And what will most certainly assist in relieving these complaints, is placing the patient in a tub of warm water for a quarter of an hour, then drying him and putting him to bed, he will in general have stools soon after. After his recovery, it will not be amiss for him to take a dose or two of opening physick.

As to a common pain in the stomach, you may always relieve it, by taking twenty drops of No. 11. in a little mint tea, or the like; a dose of opening physick will be proper the next morning.

Of the SMALL POX.

FOR the most part this disease is received by infection, that is, from others who labour under it, and sometimes from causes we cannot well account for. It is generally known by the following symptoms, viz. a chillness, shivering or shaking, intense heat, violent pain in the head and back, with an inclination to vomit; sometimes the patient is dull, heavy, and drowsy. These symptoms continue more or less, until about the third, fourth, or fifth day from the first attack; then he breaks out with little red spots, which spread over his face, neck, and breast, nay, even the whole body, and the former symptoms abate, and vanish in a day or two; about the eighth day, the spaces between the pustules, or these red spots, begin to grow red and swell, and are painful; the eye-lids will be puffed up, and close the eyes; next to this the face swells; the hands also will very often swell, and the fingers will be distended; at last the eruptions, which before appeared red, begin to be whitish. This is the first sign of their coming to a head; some time after they will discharge a yellowish matter. The inflammation of the hands and face being now at the height, the spaces between the pustules, or spots, will begin to have a browner or yellower colour; about the eleventh day, the inflammation or redness will for the most part disappear, the pustules being ripe, grow dry, and fall off by degrees. These are the most evident signs of the progress of this disease, yet there are others so many and various during the course of it, that to relate all here would swell this to a volume, which is not my design; for I am sure
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where there is one mistake that would be committed through ignorance, twenty would by prolixity; I therefore shall be as brief as possible in describing the method of treatment.

As it has been observed that this disease is received by infection, it is easy to perceive, that according to the age, constitution, and habit of body, the symptoms will be various in different people. Thus for instance, if a very robust man is attacked with this disease, you must expect a more severe fever in the beginning, than in one who is weak and feeble, or has just laboured under some other illness. From hence no certain rule can be given for every one, for it is as highly necessary to bleed a man in the beginning, when his fever runs high, his skin hot, breathing short and difficult, tongue dry and foul, pain in his head, back, and loins, exceedingly acute, as it is improper for those whose strength has been exhausted by a disease, or are naturally weak, &c. In the former case you might always do it, but in the latter never.

The nausea or sickness in the stomach is next to be considered: In either of the above extremes, I would follow the indications of nature with respect to it, that is, I would give him No. 1. by way of vomit; if he had no stools from taking this in four hours after, you may give a spoonful or two of No. 2. every hour until that purpose is answered; during all this time the patient should drink freely of small weak teas, broths, &c. On the contrary, if he is low, or has any kind of flux on him, I would give him of good nourishing broths, sago, and some wine now and then in them, and no medicine. Now as every thing has been ob-

served, in respect to the method of treatment at first, I must admonish you to keep this in view throughout the whole, that is, procure your patient (especially in the first days of the fever) a stool every day if you can, and I know of nothing so likely to answer this purpose, as a spoonful of No. 1. taken every six or eight hours, more or less, according to the degree of fever and habit of body. Thus, to strong and robust men, I would give it oftener, and on the contrary, would give less at a time, and seldomer, if the fever does not run high; at the same time the patient has a looseness, give no medicine, but endeavour to support him under it by good nourishing broths, &c. Sometimes, during the eruption, that is, about the seventh or eighth day, when the throat is become sore and painful, the mouth clammy, the following will be proper to wash, and gargle the mouth and throat, viz. vinegar and water with honey, cyder and water, or the like, with about as much as will lay upon a rupee of No. 5. put into a pint of the above liquors. It will not be amiss if the patient should swallow some of the same sometimes, as it is a very proper drink, and not very unpleasant. When there is any delirium, the patient, having no particular signs of fever besides, but his skin being moist, and not hot, you may apply the plaister No. 4. by way of blister, first between his shoulders, and then upon his arms, &c. After the eruption has broke out for some time, the patient is often troubled with a short cough that disturbs him much in the night, therefore at bed-time it will be proper to give twenty drops of No. 11. in any thing he likes best, also the mixture mentioned in page 5, with oil and eggs, &c. will be of great use.

Through

Through the whole course of this disease the patient may be indulged with slices of sweet oranges, limes mixed with sugar, or any thing of this kind he likes best. During the time of the fever, if it runs high, his common regimen should be weak broths, teas of almost any sort, and when the eruptions are broke out, and his feverish symptoms are abated, these may be given him in less quantities, and somewhat more nourishing administered in their room. When the pustules begin to fall off, some gentle physick should be given him, as for instance, half one of the pills No. 12. to be taken over night, and a dose of No. 2. or 6. the next morning; these may be repeated for two or three times, omitting two or three days between each dose; these are necessary to carry off any noxious matter left behind from the relics of the disease.

I must confess, a great deal more might be said upon this disease, but I have already been as explicit as I well could, to be properly understood, and if these rules are well observed, I flatter myself they will prove as successful, considering into whose care they are put, as most others, or the more complicated ones.

As I am now treating of infectious diseases, I cannot well pass over one, which I think, is the most common of all, viz. the Itch.

This is most certainly an infectious disease, easily received by means of linnen laying intermixed with those infected by it, &c. it is very troublesome, but easy to cure with proper care, and with greater certainty, than any other disease whatsoever: it is
known

known by the following symptoms. At first, there will be a breaking out of little pustules, or spots, about the joints, usually between the fingers, hams and thighs, which in particular itch most when warm in bed. They discharge a kind of watery liquor; the most certain cure is, to get some flower of brimstone, and mix it with some hogs-lard; or if this should prove too soft, take a sufficient quantity of oil and wax, as when melted will be of the consistence of lard, and to every half pound of this put in a quarter of a pound of brimstone, divide it into eight parts, rub one in every night going to bed, then shift your cloaths, and be particularly careful that you do not, at the end of that time, put on any of your former apparel without their being first well aired. In slight cases half the ointment may be rubbed upon the part affected, and it will not be amiss for the patient to take a tea-spoonful of the flour of brimstone inwardly at the same time, twice or thrice a day; after he is cured, he may take the common purge No. 6. This disease however is so inveterate in some, as to require different treatment; when this happens, consult some able practitioner the first opportunity.

Of W O R M S.

THIS is a disease to which adult subjects are often subject. The truest sign, by which you can know it, is voiding them by stool; besides this, the patient will have the following symptoms, such as a very acute pain in the stomach, or some part of the intestines, often a nausea or sickness in the stomach, a flow of spittle from the mouth, a bad smell in the breath, the countenance will

will be sometimes pale, and sometimes florid, there is a remarkable itching in the nostrils of some, also a very troublesome coughing by fits, the body (especially when they are situated in the lower parts) will be often swelled or distended; the patient will waste away, at the same time he enjoys a pretty good appetite.

Of the Cure.

THE properest medicines are first a vomit, such as No. 1. the next night the patient may take one of the pills No. 12. and a dose of No. 2. the next morning. N. B. Afterwards one of these pills may be divided into five, and the patient take one every night going to bed, purging every three or four days with No. 2. or No. 6. these methods will in general be found sufficient; living temperate will be necessary.

Of INFLAMMATIONS of the EYES.

THIS is a very common disease in India: proceeding from sharp winds in some parts: sometimes from the habit of the body, and sometimes the venereal disease will affect the eyes in this way, to a violent degree: as the eye is one of the principal organs of our whole body, it is of the greatest importance to us to preserve it. The signs of an inflammation of the eyes are very conspicuous, viz. a violent pain in the part, and that which should appear white in its natural state, (commonly called the white of the eye) is red, by reason of the red part of the blood forcing its way into these very small vessels by its violent motion;

motion; likewise a sensation of pricking in the part. When this disease proceeds from the common causes of inflammation: you should by all means bleed, then give the patient a common purge, such as No. 2. or No. 6. likewise foment the part by dipping a sponge into some warm brandy and water, viz. two parts of water, and one of brandy; at bed-time if the pain is very severe, you may give your patient twenty drops of No. 11. and also apply some of the same fomentation by means of a piece of cloth six or seven times doubled, wet in the same, and confined on with a handkerchief; after all, if the pain does not abate, you may repeat your bleeding, and purgatives, and apply the plaister No. 4. between his shoulders, and keep him to a spare diet, and his body always gently lax. When any dirt has got in by any means, you should endeavour always to wipe it out if possible, if this cannot be done, try to wash it out with warm milk and water, or warm water alone; if this cannot be done, it may be requisite to have recourse to bleeding, &c. in this, to remove the inflammation, that will come on, before nature can rid herself of it.

When it proceeds from a venereal taint, while there is inflammation, you should bleed, and purge as before, after the inflammation is brought under, you may give one of the pills No. 12. every night going to bed, when they begin to cause a more than general discharge of spittle, you may omit them for a day or two, and take another purge; then, if needful, you may repeat them again with the same cautions; and so on, till all venereal symptoms are removed, the diet in this complaint should be always very low.

Of

Of the SCURVY.

I Believe few Europeans are afflicted with this disease, especially in warm climates, and more particularly, as few go in any vessels, but what have the benefit of fresh provisions often: the working of the ship, depends in general upon a set of people, whose simple and plain way of living seldom subjects them to any disease that is brought on by intemperance; but still from want of vegetables, a longer voyage than expected, bad weather and water, living too much upon dry'd fish, or the like, may subject some perhaps to this disease, and as few medicines are required in the cure, I have thought it proper to take notice of the progress of this disease, and the method of treatment, in as concise a manner as I well could; having given you a detail from what causes this disease proceeds, I shall next give you a description of the symptoms, by which you will know it.

The first sign of the approach of this disease, is a change of colour in the face, that is, the face becomes bloated and pale, there is a listlessness and an aversion to exercise: however this change does not always precede the disease, but is a constant attendant; afterwards the patient feels an universal lassitude, a feebleness in his knees, a difficulty of breathing upon the least motion; soon after this, there is an itching of the gums, which swell, and are apt to bleed upon the least touch; then they become livid, soft and spongy, and afterwards extremely putrid, these marks of the gums are inseparable signs of the scurvy: besides these, when the disease is further advanced, spots

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of

of a blue purple or livid colour will break out upon the skin, sometimes small, and sometimes large, in some the legs will swell towards night, and are better the next morning.

The method of treating patients under these symptoms is as follows. Medicine must be given to keep the body open, and a pint of salt water will answer this purpose very well: tamarinds are also very good for the same intention, and vegetables are the absolute remedy. For want of these, weak punch made even with cream of tartar, or tamarinds, and properly sweetened, will do. Biscuit boil'd with some sugar, and a small portion of arrack is very good, or congie managed in the same way; all small wines are of excellent use: the powder marked No. 10. given as directed in weak constitutions, will be of use in this disease, it will be right to add a little lime-juice to it. But it must be observed, that the diet and regimen is beyond all medicines. Oranges are the best fruits, limes and lemons next, with the last you may add a little sugar: cyder is very proper drink.

When the limbs are much affected, they should be fomented with three parts water, one of brandy, and one of vinegar; arrack will do as well as brandy: the mixture must be heated, and flannels dipped in the liquor, then wrung out, and applied agreeably warm, these may be repeated two or three times a day, till they are well.

I need not say any thing of the method of preserving people from this disease, so much being already wrote on that head; besides it will appear very

very evident, when you reflect on the causes here related, and the method of treating the different symptoms.

PART II.

Which treats of SURGERY.

I Have already given such directions as are proper to be intrusted to the less skilful practitioner, in relation to physick: I shall next proceed to such, as are particularly adapted to Surgery; and first describe the method of blood-letting.

This is a trifling operation, which I have often been obliged to speak of, during the method of treatment of several disorders: as it is one of the most ready helps in such cases wherein I have directed it, I shall spare no pains to root out the common and general received opinion of the danger arising from performing it: but as the timidity of some is not easily overcome by words, I know not how I shall succeed; I must only hope, that their reason and resolution may surmount this bugbear: the following directions, I think, if they are attended to, will prevent any kind of accident, even from the hand of an unexperienced operator. Therefore, first, provide the following things ready to your hand, viz.

1st, A ligature or band, made of cloth, an inch and half wide, and a yard long

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2dly,

2dly, A pint-bason to bleed into.

3dly, A small bason with a little fresh water, to put your lancet in after using it, so that the blood may not dry upon it.

4thly, A piece of cloth five or six times doubled, about an inch square, to put upon the orifice after bleeding.

5thly, A piece of tape, or garter, an ell long, or thereabouts ; this is to secure the piece of cloth upon the orifice.

These things being all in readiness, you ought to consider the following observations, before you proceed to the operation, First, the method to chuse your vein. Secondly, to distinguish it from an artery.

And first, that vein is best to open, which lies most fair and conspicuous: regarding neither the limb or place where, whether the leg, foot or hand, but as the bend of the arm is the most common and out of the way place, it is in general performed there, and the veins there, are in general very apparent.

Secondly, that you may not mistake arteries for veins, you must ever remember this; that arteries have always a pulsation, or beating in them, they in general run under the veins, or are deeper seated; yet instances have been found where arteries run superficially under the skin; this may always be known by first putting your finger upon the vessel you design to open, before you put your
ligature

ligature or band about the arm. If it has a beating in it, be assured it is an artery, and must not be opened: if on the contrary it has no beating, it is a vein, and you may open it.

Having now satisfied yourself in the choice of the vein, you are to proceed as follows.

First, take your band made of cloth, (if you can get it) if not, a garter will do, pass it round the arm about two inches above the elbow, or, where you design to open the vein, moderately tight, bring the ends round again, then cross and tie them with one knot only, for the band being made of cloth, will not slip; and for this reason only, it is better than tape, or a garter: if the veins fill and swell with blood after this is done, it will be tight enough, if they do not, draw the same knot tighter; when it has been tied too tight, the hand and fingers will ach and be painful; therefore as soon as you have opened the vein, you should loosen the ligature or band a little, which will remove the pain, and the blood will flow freely, thus then is the band to be managed.

The next thing to be done is to open the vein, which you must do in the following manner: grasp the limb with your left hand, and place the thumb a little below, where you intend to open the vein, observing not to turn the skin to either side; but just draw it perpendicular to you upon the vein, to keep it the firmer for cutting: for if you happen to turn the skin to one side, and you open the vein at the same time; upon removing your finger, you will find the skin on returning to its former state, will cover that part of the vein
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that was cut, and hinder the blood from flowing. Having placed your hand and thumb properly, you should take hold of your lancet, just above the polished part, with the fore-finger and thumb of your right hand, so that you may see it clearly, and not hide it with your fingers. Then instead of plunging it directly perpendicular into the vein, as is commonly done, that supposing an artery laying immediately under it, the lancet would cut it at the same time if perchance you plunged through the vein; I say, instead of this, turn your hand flatter to the arm, and gently push your lancet in, and raise the edge of it lengthways of the vein, cutting as you go along.

This wound or orifice, to be made properly, should be about a quarter of an inch long, and deep enough to open the vein: the reason why I have directed you to turn your hand flat to the arm when you open the vein, is, that in thus opening it, you cannot do any harm even in cutting through the vein, because you do not cut through in a perpendicular direction, consequently cannot wound any thing that lay under it. Therefore observing this rule, you will always avoid any accident, such as cutting tendons, arteries, &c. and may always boldly perform this operation when you find it needful.

As soon as you have taken away what blood you design, remove the band or ligature intirely: and place your left hand as before, with your thumb pressed hard upon the vein just below the orifice, this will prevent any blood flowing out: then you may clean the arm with the corner of a wet towel or the like; and take your double piece
of

of rag, and apply upon the wound so as to keep the sides of it together, then put your thumb upon it to keep it steady until you pass your tape or garter round the arm to secure it, which is to be done in the following manner. Place the middle of your tape upon the cloth, pass the one end round the arm above the elbow, bring the same round, and cross it upon the cloth moderately tight, then take both ends, pass one one way, the other another, below the elbow, and tie them.

I should have observed, that during the flow of the blood, the arm should be a little bent, and while you are securing it, you should streighten it, that is, extend it out. Sometimes it will bleed again after it has been tied up; to remedy this, order the patient to stretch out his arm, this will bring the lips of the wound nearer each other, and stop it; if this does not do, a finger being placed below the orifice upon the vein, and pressed hard will always answer, then you may clean the limb, and tie it up as before directed.

Some people, during the operation, are apt to faint or swoon away; to remove which, you should desire your patient to lay down flat on his back. This is a very good position to bleed in, for those who are subject to this complaint, it will always remove it the soonest of any thing, and at all times prevent it. The next thing to be done is to clean your lancet; for which purpose take a piece of dry cloth; having turned your lancet square upon one part of the shaft, draw it through the cloth until that side is dry, then clean the other shaft, and turn your lancet upon it, and proceed as before; this

this being done, put it into your brown oily paper again.

In order that a person should make himself master of this little operation, he should read these directions often until he comprehends them perfectly, then he may accustom himself in going over the whole, without performing the operation itself upon any one in health; this will make it more familiar to him, and who would not take a little pains to render themselves serviceable to others? I dare venture to think, after going through these directions, and observing them well, that any one might perform this operation with great safety and success.

In the preceding work I have never given any directions respecting the quantity of blood that is necessary to be taken away at once; or by what method you are to know when this operation may be repeated, but by the symptoms of the disease, or what subjects bear this operation best, or in what weather it is in general found most useful, referring to this place for the whole.

Therefore I shall first speak of the quantity proper in general to be taken away at once. In order to ascertain this, you must observe throughout the whole of this work, I have been speaking of a strong healthy man, having no regard to either extremes, to wit, of the robust or feeble; and it is supposed such a one, can always loose twelve ounces of blood; but this depends more upon the urgency of the symptoms, strength of the patient, age, &c. than any rule that can be given. I need not tell any one that a little man of equal health
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and strength can afford to loose as much as a very big one; likewise, that in slight cases, it is as necessary, as it is where the symptoms are very urging; again, that so much may be drawn off, after any one has laboured under the fatigues of a disease, and has symptoms that require it: no surely, this must be left to the discretion of those for whom this is designed.

Secondly, to judge of the blood, whether, if the symptoms continue, that it will be right to lose more, you must observe, that the blood when cold is divided into three parts: The one appears like water almost; the other two are joined in a lump; in examining of which, you will find the lower part to be of a different colour to the other; when the uppermost part appears green or yellow upon the top, and in sticking a probe in it, you can take it up, without its breaking through, be assured there is a great deal of an inflammatory quality in it, and a repetition may be requisite, if the symptoms are not abated by the first. On the contrary, if this lump appears of a bright red colour, and a probe easily breaks through it, you ought not to repeat the operation, unless symptoms are exceedingly pressing indeed.

Thirdly, strong healthy people who work hard, and live well, and are subject to inflammatory complaints, can bear this operation best; and on the other hand it would be very bad in people of sedentary lives, and who live low.

Fourthly, it will be found most requisite in cold weather and cold climates, when the skin has been obstructed by wet or cold, and on the

contrary, the warmer climates by breaking the texture of it more, people stand not so much in need of it as in others; and the natives of these parts, likewise Europeans, who have resided here any time, very seldom require this operation; their symptoms of inflammation in general yield to a gentle purge, or a vomit, with a little cool regimen. Therefore, having these things in view, you may not find it so often requisite as I have mentioned: Yet in this, you ought to be careful; and not less so in many cases as well surgical as physical. Wherever this has been recommended, it has been purposely to abate some reigning symptoms, and those too chiefly inflammatory, which will often arise from outward injuries, such as bruises, falls, sprains, &c. as from internal causes; nay, inflammation will very often affect the limbs only, in which when the pain is exceedingly severe, and there is much heat, it may be requisite to bleed, and purge gently. I will not detain the reader here with a variety, but proceed immediately to describe the most common signs of inflammation, such as affect the outward parts, with the method of cure.

Of the Signs of External INFLAMMATION.

WHETHER this proceeds from internal causes, such as catching cold, or from injuries received by accident when any part is inflamed, it will look red and swell, be sore and painful to the touch, that is, in proportion to the nature of the injury, and the part affected. For a slight degree of inflammation in some parts of the body will be of much more consequence than a very extensive one in another, therefore the pain, and

and degree of heat, must direct your practice. The best things I can advise you to apply, is a white bread poultice, No. 23. or in its stead soft ointment, such as No. 17. spread thick upon rag or tow.

In all kinds of bruises, arrack one part, water two, and vinegar one, is as well as any thing; it may be warmed before you use it; in doing which, take a piece of rag that will double five or six times, and large enough to cover the injured part, wet this in the warm spirits just now mentioned, and apply to the part affected, and renew it when dry. If you can get any meal, you may mix it with some of it, and add some oil to it, and let it be spread thick upon a piece of rag, and applied as a poultice; renew it when it is dry.

In all swellings that are like to suppurate, or come to a head, besides the constant heat in the part, it will throb, and beat like the beating of an artery, and the surest sign of its ripening, is the symptoms increasing after the application of a poultice. In such case continue your poultice until it breaks of itself; if this happens upon any part clear of the joints, and you find it full of matter, you may open it with your lancet in the most depending part. This opening should be made large enough to give free issue for the matter; but if it is not situated clear of the joints, or you are not sure there is matter in it, continue your poultice until it either breaks out, or disperses and go away; if it breaks, your poultice may be used until all the hardness and foreness is gone, after which a little dry lint and common dressing will cure it.

Of Biles, and small Swellings.

To these you may apply a piece of plaister, No. 16. spread upon cloth, until it breaks of itself, observing never to open an angry bile with your lancet. If these become so sore and painful as not to be well borne, then a little soft dressing, No. 17. or the common poultice No. 23. will be better, especially if these can remain easily upon the part.

Of Wounds in general.

In describing the particulars of these, I shall first consider such as are bad, or mortal. Secondly, the signs by which they are known. Thirdly, what can be done in such cases. And fourthly, the method of dressing all green, or recent wounds.

And first, all wounds in the joints, and such as are made with a blunt instrument are bad, and the symptoms that attend them will be violent pain and inflammation. All such as penetrate into the cavity of the body or head will in general prove mortal. Secondly, the signs of the first are evident, that is, such as affect the joints; and a wound in the belly will be known from the excrements oozing out at the wound. If it enters the breast and penetrate the lungs, the air or breath will soon find the way out. If any principal artery is cut, it will be known by the blood flowing out very rapidly and by starts. Thirdly, the method of cure. When the joint is much inflamed by a wound therein, you must bleed again and again, if the symptoms of inflammation and pain are urging, and keep your patient's body open with

with No. 2. let his drink be common teas, his diet weak broths, congie, &c. If he is thirsty, he may take one of the papers of powder No. 5. every eight hours, and apply the white bread poultice No. 23. warm, and very thick upon the part; renew this every day, keep the patient in bed, and his limb in the easiest position you can.

When a wound has penetrated the cavity of the body, very little can be done. A piece of lint and sticking plaister No. 16. may be put on the part, and confined on. You should keep your patient upon a spare diet and his body open; you may also foment the part with flannel, wrung out of warm brandy and water.

When the breast is wounded, and the instrument has entered the lungs, and the air flies out at every inspiration, you should make up your lint hard, and apply a piece of sticking plaister as above directed; also a little square piece of cloth like what you use for bleeding, only thicker, confine all on very securely, that you may the better prevent the air from coming out, or getting under the skin, which it will do sometimes, and swell the patient to an enormous size. The patient should be let blood every day or two for several times, his diet very soft, and no animal food; he may take a paper of No. 5. every six or eight hours, besides his body must be kept open with No. 2. The wound ought not to be meddled with, if the dressing is not disturbed by accident for several days, because the air will further diffuse itself in and under the skin.

When an artery is at any time opened, you should bind a button of lint or old hair scraped upon

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upon the wound, and some pieces of cloth five or six times doubled, about an inch broad, and two or three long, laid lengthways on the limb. This bandage should not be removed for a week, unless the limb swells and grows painful, then it must be loosened; this is all that can be done, unless you could get to a surgeon.

Fourthly, the method of curing and dressing of wounds in general.

In all recent wounds you ought to endeavour to bring the lips of them as near to one another as possible, and when they happen on any of the limbs, very great advantage may be had from placing the limb; if you are at a loss to know that, move it different ways, till you find that which admits of the wound closing best, and all the parts about it are lax and easy; or in plainer terms, that which is easiest to the patient. These rules well observed, are half the cure. The best dressing for a cut or deep wound is dry lint, and if there is any redness or pain in the part, the soft ointment No. 17. should be spread upon a rag and applyed over the lint; otherwise a piece of sticking-plaster No. 16. will do very well. The first dressing of any recent wound should remain on as long as it will stick; if it is large, four or five days at least, otherwise two or three. If any degree of inflammation comes on, you must bleed and give such things as have already been mentioned on that head, likewise apply the white bread paultice No. 23. until it is removed, then the dry lint as before, &c. If the flesh within the wound rises up above the edges and is soft to the touch, rub it every day with No. 18; until it

is brought to a level. If the wound does not discharge much, and the dressings stick on the edges, cut the soft dressings into narrow slips, and apply it directly on the edges of the wound before you put in your lint; this being done, you should apply another dressing broad enough to cover all. Be not too cautious, or over nice in wiping a wound, for you had much better save yourself the trouble of thus cleansing it, than give your patient the least pain, by a more than common diligence. In all burns and scalds the cerate marked No. 17. should be spread thick upon a rag, and applied every day, until the heat and pain is removed, then that marked No. 19. will be more proper to heal and skin the part; it is also the properest dressing for all sores nearly healed, and for all such wounds as are not deeper seated than the skin.

I cannot help taking notice of the absurdity of a number of people who often apply what is called Fryar's balsam, some spirits of wine, others sugar and salt, and what is still more strange, as these things will always give pain in recent wounds, they say it is a mark of their good effects. I always think that pain is an evil that we should studiously endeavour to avoid. And I am sure that in any case whatever where any painful dressing has been used, we cannot reasonably expect so speedy and easy a cure, some very particular cases excepted. Thus much may be said of the Fryar's balsam, or the Turlington's drops, that in superficial wounds in the skin, &c. it may be used to some advantage.

OBSERVATIONS ON FRACTURES.

AS no one can avoid these common accidents, it is very necessary for those who cannot have the advantage of a surgeon, to have some idea of what may be of use in such cases, and not give a man up to chance alone; the rules I shall point out may be managed by any common capacity, and will be of great comfort to any one labouring under such accidents, in the absence of a surgeon.

When either leg or thigh is broke, it will be known by the following marks; in all probability a distortion of the limb, likewise an inability of standing on the same, and in examining it, you will find the bones rub against each other; the like will appear in a fracture of the arm, with this difference only, of not being able to raise any weight. Thus having informed yourself of the certainty of a fracture, you should next provide yourself with a Cot for your patient, or some such convenience, then remove him into it, in doing which, take hold of his limb with one hand above the broken part, and the other below, gently extending with each hand, that you may the better prevent the ends of the bone from rubbing against each other, let another carry his body, then lay him upon the same side the fracture is on. If it is his leg, let it be a little bent at the knee, if it is the thigh, let it be bent at the body, as well as the leg bent at the knee; this being done, prepare the following things ready for his limb. First, two pieces of board, four inches broad at the upper end, and three at the lower, about twenty three long,

long, and half an inch thick. Secondly, a piece of cloth or canvas, one yard long, and about eighteen inches wide. Thirdly, a small pillow. This kind of apparatus is for a fracture in the leg.

You are to take the two pieces of board, and lay them upon the ends of the cloth or canvas, then take a turn or two round with the cloth, and place the pillow lengthways between the two pieces of boards, leaving the broadest ends of the boards to go uppermost towards the thigh. After this is done, turn the patient upon his back, and raise up the limb at the same time, push the pillow and the whole of your apparatus under it, then settle the limb lengthways upon it in as easy a manner as you can, and so place it, that every part from the knee to the heel may bear or rest equal alike: this being done, get some square pieces of cloth, large enough to cover the whole five or six times doubled, and wet them in equal parts of vinegar, water, arrack, and half one part of oil, and apply these moist rags over the limb, continuing to pour on more of the same spirit as the cloths dry; after this, you are to roll up these boards flat against the sides of the limb, then pass a piece or two of tape round the whole at a proper distance, to secure the pillow with the boards and every thing in their proper position, so that the limb is prevented from rolling either ways; a little piece of board may be put at the foot, and secured to those upon the leg, to prevent the foot from falling, or more properly as a rest for it. The bed-cloaths must also be defended from settling on the toes or leg to give pain: this may be done with hoops or many other contrivances. The reason why I do not relate these more particularly is, because

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I know sea-men are seldom at a loss for contrivances of this sort.

If the limb swells much and becomes painful, you should apply the common poultice No. 23. until the heat and pain is removed, then the spirits may be used as before observed; besides in such a case, you should bleed, and keep your patient's body open with No. 2. and keep him upon a low spare diet, and to all such rules as are observed in inflammations in general.

Of the FRACTURED THIGH.

THIS you may manage two ways, the one is by preparing the same sort of apparatus, save, that the boards, and cloth, must be so much longer, and the one on the outside longer than that in the inside, and two small pillows will be wanted, to make out the length of the leg and thigh; for you must observe, that it is as necessary to keep the leg in a proper steady position when the thigh is broke, as when the leg itself is injured. The same applications should be used to this, as to the leg, and if it inflames, you must poultice it as above, bleed, &c.

The other way to manage a fracture of the thigh is, to let the patient lye continually on his side with his thigh bent, and the knee raised up towards his body, lying level upon the bed, and the leg bent inwards. The dressing and applications must be the same as above; and you must in any of these cases add pillows to support the limb in any part it may want, at your discretion, and the patient's request;

request; some days after the swelling, pain and inflammation are entirely gone, you may take the cover of a book, or any other stiff paper, cut in narrow pieces, about two inches broad, and six or eight long, place these lengthways of the limb, first moistening them in some warm water, that they may better accommodate themselves to the shape of the limb as they dry upon it, and take a roller about three inches broad, and six yards long, having first rolled it up, then fold a piece of cloth three or four times doubled, the size of your stiff paper, for as many pieces as you use, and place these on the cloth and roll all up, with your roller moderately tight; you may renew the bandage when it loosens: and this method is to be continued until the limb is stiff and strong, which in the thigh will be about two months nearly. The same rules may be observed with respect to the leg, which does not altogether need so many bandages, but they may be used with caution.

When the arm above the elbow is fractured, you must bring it into its natural position as nearly as possible, by comparing it with the other limb, and then place three small pieces of stiff paper, cut proportionably small upon some double-folded rag, as before observed, wet in some of the same spirits as is ordered for the leg, and roll all up moderately tight in the manner before directed for the leg and thigh, moisten the bandages often until the pain and swelling is gone: if the limb swells much, you must not keep the bandage tight about it; and if it should perchance inflame, use the poultice as before directed; keep the patient's arm in a sling about his neck.

The same directions must be used for the arm below the elbow. In any of these cases, when the patient first goes about, the limb will be apt to swell, therefore it will be right to give the common purge No. 6. twice in a week for two or three weeks. And in the leg and thigh, the patient should use crutches for some time after he gets up.

Of the VENERAL DISEASE.

THIS Disease is caught by infection, and is one of the principal diseases amongst the Laskars, or Eastern sailors, who in general from their simple and temperate way of living are greater strangers to other diseases than Europeans. The symptoms are as follow: First, after impure coition, there will be a pain in the private parts; soon after this, the patient feels a smarting or pricking pain in making water, and more particularly immediately after he has done: soon after, and sometime before this, there will appear a running; so far the disease may be said to be simple or slight; but when it has further advanced, the following symptoms will appear: such as tumors in the groins, sometimes swelling in the testicles, and little excrescences like warts upon the hands, will infest the glans. Sometimes again, the skin which covers the glans *, and which ought to retract with ease, cannot be drawn back, and violent pain and inflammation will ensue: again, it often happens, that when the skin is drawn back or retracted, it cannot be pushed forward again to cover the glans, and this is bad.

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* The Glans is that part which is denuded, when the skin is drawn back upon the yard.

A further advanced stage of the disease produces pains in the shin bones, and the top of the head, and those more particularly in the night. I shall next consider the method of treatment of each particular symptom and stage of the disease, as far as is consistent to be intrusted to those for whom this is designed.

It is beyond all controversy, that mercury is the chief remedy in this disease, and as certain again it is that other means must be used sometimes.

In the cure of this disease it would be better if the patient abstains from all animal food, spices and fermented liquors, venereal incitements, such as dalliance with women, obscene books, or any thing else that tends to inflame the fancy, as these in some measure retard the cure; his diet ought to be congie, weak broths, and the like. In the simple state of the disease, he should take one of the pills No. 12. every other night going to bed, and while the pain in making water is troublesome, one of the papers of powder No. 5. every six hours. Two or three of these pills will affect some people more than three times the number will do others; they will in general for the first two or three nights make the patient a little sick, and perhaps purge the next morning; while they produce this effect, they can do no harm, but when they cease to do this, or fail of this effect, they will often make the patient's gums a little sore, and cause a more than common discharge of saliva from the mouth; as soon as you perceive this, it will be right to omit them a few times, and take some gentle opening physick, such as a dose of No. 2. or 6. And if the symptoms are not all vanished,

nished, the patient may take some more with the same cautions as before. In most cases, six or seven pills will be found sufficient. If any running remains afterwards, he may take the quantity of a nutmeg of No. 20. twice or thrice in a day, until it is removed.

In the second stage of the disease, when the symptoms are further advanced, and the patient has got swellings in the groins, you must first consider whether they are like to suppurate, or come to a head or not. If the tumors appear red and painful, they will in general break; on the other hand if the skin has not changed colour, and is without heat or pain, they may be removed. To do which, if the patient is very robust, you may bleed, and give one of the pills, No. 12. at bed-time, and a purge now and then of No. 2. or 6. the next morning; afterwards let him continue to take half one of the pills every night until all the tumors are intirely removed, without taking purging physick. But if they tend to suppurate, apply the plaister No. 16. and renew it every two or three days; or if it is very painful, you may apply the poultice No. 23. instead of the plaister No. 16. and continue your applications until it breaks of itself. When it is broke, you should continue your poultice or plaister, No. 16. untill all hardness, and foreness is removed; and let the dressings and treatment for it afterwards be just such as have been recommended for wounds in general; but in such case where you suffer it to break of itself you will seldom have occasion for any other dressing than the poultice, or No. 16. The pills should be continued even until they produce a little foreness in the mouth, and then you may leave them off by degrees.

degrees. If the testicles are swelled and painful, you should put them into a thick warm poultice, and suspend them, by putting something round the waist, and a handkerchief, or somewhat like it, under the scrotum, to fasten to that round your waist; this method of supporting will give great ease. The next thing that ought to be done, is to bleed your patient, and if the inflammation and pain do not abate, you may repeat it; besides this, you must constantly keep the patient's body open with No. 2. or 6. As soon as the inflammation and pain begin to decrease, you may omit bleeding, and also lay aside purging so often; yet as the testicles will mostly remain swelled and hard for some time, it would be right for you to give the patient half one of the above pills every night going to bed, as also to rub in a little of the ointment No. 21. viz. about the quantity of a small nut; continue your poultice, and if in a few days after, the patient should complain of any soreness in his mouth, omit the pills and ointment, and give a little opening physick. These rules must be observed throughout the cure.

In case of warts, rub on some of the ointment No. 21. every day, and take one of the pills No. 12. every night going to bed; when they begin to affect the mouth, omit them for a day or two, if the patient spits a little, it will not be the worse. The same cautions must be observed here as related in the testicle with respect to the soreness in the mouth, and you must use the pills or the ointment, until all symptoms are intirely subdued. When the skin that covers the glans cannot be retracted, and there is violent pain and inflammation, you should bleed, and use the ointment No. 21. likewise poultice the

the part; as soon as the inflammation and pain are removed, give him the pills as above directed, observing the same rules and cautions. Again, when the skin has been retracted, and it cannot be pushed forward again, it will be exceedingly painful, and this is amongst the worst of symptoms, as it often proves a most fatal case if not timely relieved, which by the by is very easy; for you must know this is only a stricture behind the glans, the same as if a piece of cord was tyed round, and when cut, all the symptoms remove instantly. Therefore endeavour to find out the part where it is most girted, which will be just behind the glans, and take a sharp pointed knife or lancet, and put just under it, and raise it up forward, dividing the stricture right through the middle; if it is cut through, you will find the whole will subside very soon; if it is not cut, you must try again until you can cut it, and afterwards apply your poultice over all; you may perhaps find it necessary to bleed, and also to give the pills as before-mentioned, with the same remarks, &c.

In the third stage of the disease you must either rub in the quantity of a nutmeg of the ointment No. 21. in and about the groins, legs or arms, once or twice in a day, until the patient's mouth is affected, and he spits about a pint in the day; or you may give one of the pills No. 12. every night at bed-time, until the like effect is produced; and to moderate the spitting if it is too violent, you must omit your ointment and the pills. Upon the whole, I prefer that the spitting should be raised by the ointment alone, rather than the pills; nay, it is to be preferred in almost any case, although the pills will do, and are neater. If the omission
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of the ointment and pills do not moderate the spitting, and the patient has not had a stool for some time, you may give a dose or two of opening physick, such as No. 2. And in case of costiveness, during the use of the pills or ointment, procure your patient a stool every two or three days, by giving a spoonful or two of the same, so as to answer that purpose. On the other hand, if the patient has a flux while he uses the ointment, or pills, which sometimes happens, you must omit them intirely until that is removed, and if with it he has any griping, give him fifteen drops of No. 11. once or twice a day, and when it is subdued, re-assume the ointment again in rather less quantity. If the flux should become troublesome, you must proceed to treat it as fluxes in general, which see in page 19. The medicines for the venereal complaint when they can be used, must be continued until all the symptoms are removed, and then in less quantity until they have been removed at least a month; the patient should keep his bed; a piece of flannel should be pinned to his cap to go under his chin, to defend the jaws from cold; he should drink very freely of warm teas, and weak broths, washing his mouth often with the above, before he swallows any nourishment, as the spittle should be prevented from going down into the throat. At his first getting about, that is, when he leaves off the ointment, his broths may be a little more nourishing, and afterwards he may be allowed a little animal food; costiveness also should be prevented, and he should be particularly careful of catching cold.

THE
A P P E N D I X,

CONTAINING

The NUMBERS of each Medicine, with DIRECTIONS to take them, and REMARKS concerning Regimen and Diet.

Number 1.

THIS is a paper of powder, and very often referred to. When it is ordered to be taken by way of vomit, you should put one of these papers of powder into a quarter of a pint of tea, congie, water, or any sort of broth, shake it well in a bottle, or stir it well in a sneaker, and take a spoonful every quarter, or half hour, until it either vomits or purges, and then lay it aside if any remains: during the operation, let the patient drink now and then half a pint of chicken broth, made as follows: Kill a fowl, strip off the skin and feathers together, cut it down the back, take out the entrails, and without washing, boil it in seven or eight quarts of water a few minutes, or you may boil it in only a gallon for the same time; this makes a very proper liquor for people in fevers, fluxes, &c. and is the best broth to drink wherever you find this powder recommended. When this powder is ordered to be taken in continual fevers, or that the patient has a design of using any more of it in any case, you should mix it as before, and take a spoonful every six, eight, or twelve hours, according to the urgency of the disease. During the
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the use of it, the patient should abstain from all animal food, till his fever is overcome, which will in general be in two or three days, and often by one dose only. Besides, when you design to vomit, this is the most easy medicine of any; for giving it in small quantities, and at half hour distances, it is rendered so mild, that you may give it to all ages and constitutions. While the patient uses this, it will be better if he keeps his bed, to encourage that gentle perspiration it usually produces: weak sage-tea, thin congie, or barley-water, are the most proper substitutes for the chicken broth.

Number 2.

This ingredient should be dissolved in half a pint of boiling water, and strained through a piece of rag, the whole to be drank for a dose: this, when thus mixed, is often referred to in the name of opening mixture No. 2. When used thus, you are to take three or four spoonfuls every three or four hours, until it has answered the purpose, then set it by: during the use of this, the patient should drink a sneaker or two of congie, weak broth, or the like.

Number 3.

Of this medicine the patient may take one paper every three or four hours, just as it is, with the regimen recommended in those complaints where this powder is ordered.

Number 4.

This is a plaister, that is used by way of blister. The size of these plaisters, when they are applied upon the side, between the shoulders, or on the body,

body, should be from five to seven inches square; for the legs and arms, proportionably smaller; for the throat, about an inch and a half broad, and long enough to reach from ear to ear: it should be spread about the thickness of a halfpenny. The application of these will sometimes give pain in making water, which is often very severe; to remedy this, desire the patient to drink freely of weak broth, or teas, and take a dose of No. 5. every four hours, until it is removed.

Number 5.

One paper of these powders should be dissolved in half a pint of any sort of tea, viz. sage, mint, balm, or barley-water, and any of these may be sweetened a little more on account of this: it is good in all sorts of inflammatory complaints, pain in making water, &c. it is usually ordered every four or six hours.

Number 6.

This is the common purging powder, and when it is ordered to be taken, you are to mix it in a cup of any warm tea, in doing which, or in mixing powders at any time, you should add your liquor by very little at a time. Regimen with this the same as No. 2. This may be used in common whenever you give or like to take a dose of physic.

Number 7.

This is the order of the poultice referred to under this number, and is thus made: Take of the flower of mustard two ounces, half a spoonful of oil, and as much vinegar as is necessary to make it into the consistence of a stiff paste; it ought to be spread upon bladder, but rag or canvas will do,

do, which should be cut to the size of the soles of the feet, and there applyed : so soon as the patient gives evident signs of pain, they may be removed, and if his delirium return again, you may put on the same, or some fresh made.

Number 8.

Camphor to be used as ordered.

Number 9.

Spirit of lavender, twenty or thirty drops may be dropped upon a lump of sugar, or a little powdered sugar-candy into a spoon, and taken when faint as a cordial, otherwise to be used as referred to.

Number 10.

One of these papers of powder is a dose, you may take it by mixing it with a little syrup into the form of a bolus, or add more liquor to it, such as tea, or wine, (unless ordered otherwise) a glass of Madeira ; or you may boil eight of these powders in two pints of water to one, and drink of the liquor as you find it ordered : but if the patient's stomach will bear it, this is always best when taken in substance, that is without boiling. In almost any case where this is ordered, you may indulge yourself with as good nourishment as your stomach is able to bear.

Number 11.

This is to be taken as you find ordered, mostly from fifteen to twenty drops at a time, mixed in any warm tea, or wine and water, or what you find ordered.

Number

Number 12.

Are pills, one of which is a dose, and sometimes they are ordered to be parted; they should be taken at bed time.

Number 13.

Are pills, one of which is a dose. For the regimen belonging to these and No. 12, see the disorders in which they are recommended.

Number 14.

Is a powder, which is to be mixed in some common syrup, and taken as directed.

Number 15.

This is also a paper of powder, and whenever you use this, you must add to every paper ten drops of No. 11. and a sufficient quantity of syrup to make it up soft, and take it out of a tea-spoon as directed: for the regimen see the disease in which it is ordered.

Number 16.

This plaister is to be spread the thickness of a shilling upon cloth, and cut to the size you want it; it is good to apply to hard swellings.

Number 17.

This is the ointment to be used in common; should it be expended, you may make it thus, viz. add as much oil to any quantity of wax as will make the whole to about the consistence of this, adding either oil or wax as you see necessary when cold, then melt it again.

Number

Number 18.

Blue vitriol to rub proud flesh with.

Number 19.

Another ointment, or cerate, to be used as ordered.

Number 20.

The quantity of a nutmeg of this to be taken twice in a day, living on a spare diet.

Number 21.

This ointment is to be used as directed: for the remarks of this, see the disease, &c.

Number 22.

This is an order for clysters, and is as follows: Take a point of salt water, warm it over a fire, and add to this a quarter of a pint of oil; this is to be put into a bladder moderately warm, that is to say blood-warm, and thrown up the fundament after the following manner: First, let the bladder be rendered supple by putting it into a little warm water, then put the cork into the pipe within side the bladder, and let the string be out, then put in your clyster, tye it up fast in the bladder, with part of the string out belonging to the cork, then introduce the pipe, the patient being laid on his side, and withdraw the cork out of the pipe by means of the string fastened to it, then squeeze the bladder gently, by which the liquor will be forced up the bowels, and then you may withdraw your pipe. After this manner may any kind of broth be used when ordered.

Number

APPENDIX.

Number 23.

This is the order of the common white bread poultice, and is thus made: Take the crumb of bread, (or if this cannot be had, rice may do) boil it in milk until it is brought to the consistence of paste, then add to about a pound of this a quarter of a pint of oil or lard, spread it very thick upon rag, to wit, an inch, and apply it warm, but not so hot as to give pain. If you use rice, you must boil it well, either in milk or water, and then add the oil or lard as above.

Number 24.

The order of making common syrup: Take a pound and a half of sugar, and a pint of water, boil these together to the thickness of common honey that will just run, towards the latter end of the boiling you may add the white of an egg, this will cause a scum to rise on the top, which you must take off, and then strain it through a flannel or cloth, and put it in bottles for use. Whenever syrup is ordered to be mixed with any sort of powders, it is this sort that is to be used. The same way may syrup be made of any thing else, to wit of lime juice for punch, and if a little arrack is added, it will keep a long time.

F I N I S.

